

New Monkland Nursery Class



Loving Lunches Policy

Rationale:

Loving Lunches is an integral part of your child's day at Nursery. This policy has been created in order to continue to provide the best possible lunch experience for your child, and to set clear expectations on how we can continue to work in partnership with parents/carers and additional services to ensure we are getting it right for all children during their lunch experience.

Loving Lunches Initiative:

Each session your child will be given the opportunity to attend lunch. North Lanarkshire Council will provide a set menu delivered by NLC catering staff (the Nursery has their own designated catering assistant). The lunch menu rotates on a weekly basis and Nursery staff will keep parents/carers up to date with any lunch menu changes. Nursery staff will work together to provide a welcoming lunch environment, where children can relax, re-charge and enjoy their lunch experience. Lunch also provides staff members with an opportunity to chat/support children while promoting independence and building on important life skills. Nursery staff will always encourage children to participate in specific roles during their lunch experience being mindful of their age/stage (e.g. serving lunch etc). Children who do not wish to have lunch will be encouraged to find a quiet space in the playroom to play. Nursery staff will communicate with parents/carers and explain any difficulties children may be having with lunch.

Healthy Foods / Dietary:

In accordance with NLC's healthy food scheme, all foods provided are low in salt and sugar and will include plenty of healthy fruits and vegetables. A choice of milk and water will always be provided during lunch (milk is available at additional points throughout the session, but water is always available should children require it). Any children with allergy/dietary requirements will be risk assessed and alternative food/drinks will be provided by catering staff (additional paperwork will be given prior to these changes which must be signed by a medical professional). Parents/carers will be reminded to keep the nursery well informed if their child has a food allergy/dietary requirement. Staff members will not force children to eat foods they do not wish to eat or require them to finish their plate (children will be allowed extra time to finish their meal if necessary). If you have concerns regarding your child's eating habits, Nursery staff can liaise with your child's health visitor for support both at home and Nursery. At times your child's health visitor may refer your child to an additional service for support (e.g., dietitian).

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Packed Lunches:

On occasions, parents/carers may request for their child to have an alternative/vegetarian option or bring their own packed lunch. Staff members will liaise with the catering manager to provide an alternative meal/vegetarian option. Parents/carers must be advised that staff members cannot heat/refrigerate packed lunches during the nursery session. All packed lunches should be placed in an appropriate packed lunch bag with your child's name clearly visible. Parents/carers should avoid the following items within their packed lunch:

- Grapes

- Fizzy drinks
- Chocolate
- Products that contain traces of nuts (we are a strictly nut free school and nursery)
- Raisins
- Sugary snack bars

Special Occasions:

On special occasions the menu may change (e.g., Christmas lunch/special celebrations). Children along with their parents/carers will be notified of any changes in advance of the celebration. Within those occasions children may receive confectionary items as part of the celebration (taking into consideration any allergy/special dietary requirements).

Menu:

Nursery staff will upload the weekly menu onto Twitter/APP. Children will have access to a pictorial menu in nursery. Parents/carers can access the menu at any time through NLC website. Catering manager/NLC will inform Nursery of seasonal menu changes.

UNCRC Links

Article 3: All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

Article 17: You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

Article 24: You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 31: You have the right to play and rest.

Article 39: You have the right to help if you've been hurt, neglected or badly treated.

Health & Social Care Standards

1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

1.34 If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.

1.35 I can enjoy unhurried snack and mealtimes in as relaxed an atmosphere as possible.

1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.

1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

1.39 I can drink fresh water at all times.